

Body Weight

**Oregon Healthy Teens 2006, 8th Grade State Summary
Body Weight status as Measured by Body Mass Index (BMI):
Weight to Height Ratios.**

	Total	Female	Male
Total	100.0	100.0	100.0
Not at risk for overweight	74.2	77.5	71.2
At risk for overweight (85th-95th percentile)	15.3	15.5	15.1
Overweight (>= 95th percentile)	10.5	7.0	13.7

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 8th Grade State Summary
Body Weight status as Measured by Body Mass Index (BMI):
Weight to Height Ratios.**

	Total	Female	Male
Total	3,190	1,591	1,599
Not at risk for overweight	2,392	1,241	1,151
At risk for overweight (85th-95th percentile)	473	238	235
Overweight (>= 95th percentile)	325	112	213

Unweighted counts exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 8th Grade State Summary
38. How do you describe your weight?**

	Total	Female	Male
Total	100.0	100.0	100.0
Very underweight	2.1	1.6	2.5
Slightly underweight	13.8	13.3	14.3
About the right weight	55.7	52.2	59.1
Slightly overweight	25.0	28.4	21.7
Very overweight	3.4	4.4	2.5

Weighted percentages exclude missing and/or refused answers.

**Oregon Healthy Teens 2006, 8th Grade State Summary
38. How do you describe your weight?**

	Total	Female	Male
Total	3,550	1,802	1,748
Very underweight	71	32	39
Slightly underweight	489	232	257
About the right weight	1,970	940	1,030
Slightly overweight	888	517	371
Very overweight	132	81	51

Unweighted counts exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 8th Grade State Summary
39. Which of the following are you trying to do about your weight?

	Total	Female	Male
Total	100.0	100.0	100.0
Lose weight	45.0	57.9	32.5
Gain weight	10.6	5.8	15.4
Stay the same weight	23.1	20.5	25.7
I am not trying to do anything about my weight	21.3	15.8	26.5

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary
39. Which of the following are you trying to do about your weight?

	Total	Female	Male
Total	3,558	1,809	1,749
Lose weight	1,643	1,063	580
Gain weight	365	97	268
Stay the same weight	806	364	442
I am not trying to do anything about my weight	744	285	459

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

40. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	57.7	65.6	50.0
No	42.3	34.4	50.0

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

40. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	3,538	1,802	1,736
Yes	2,069	1,199	870
No	1,469	603	866

Unweighted counts exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 8th Grade State Summary

41. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	37.9	49.3	26.9
No	62.1	50.7	73.1

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

41. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	3,536	1,800	1,736
Yes	1,367	898	469
No	2,169	902	1,267

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

42. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	8.9	13.7	4.3
No	91.1	86.3	95.7

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

42. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	Total	Female	Male
Total	3,544	1,804	1,740
Yes	351	262	89
No	3,193	1,542	1,651

Unweighted counts exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 8th Grade State Summary

43. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	2.3	3.1	1.6
No	97.7	96.9	98.4

Weighted percentages exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

43. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

	Total	Female	Male
Total	3,552	1,806	1,746
Yes	89	56	33
No	3,463	1,750	1,713

Unweighted counts exclude missing and/or refused answers.

Oregon Healthy Teens 2006, 8th Grade State Summary

44. During the past 30 days, did you vomit or take laxatives to lose weight or keep from gaining weight?

	Total	Female	Male
Total	100.0	100.0	100.0
Yes	2.6	3.9	1.4
No	97.4	96.1	98.6

Weighted percentages exclude missing and/or refused answers.

Body Weight

Oregon Healthy Teens 2006, 8th Grade State Summary

44. During the past 30 days, did you vomit or take laxatives to lose weight or keep from gaining weight?

	Total	Female	Male
Total	3,548	1,804	1,744
Yes	98	65	33
No	3,450	1,739	1,711

Unweighted counts exclude missing and/or refused answers.